



Quinoa Breakfast Bake

4-6 Servings

Ingredients:

- 1 cup quinoa
- 2 tsp cinnamon
- ½ tsp allspice
- 2 eggs
- 2 cups skim milk
- ¼ cup maple syrup
- 1 ½ cups frozen berries
- 1 apple or pear, peeled, cored, and chopped into ½-inch cubes
- ½ cup coarsely chopped nuts

Instructions:

1. Preheat oven to 350 F. Lightly grease an 8-by-8-inch square baking pan, and set aside.
2. In a medium bowl, stir together quinoa, cinnamon, and allspice to coat quinoa with spices. Pour quinoa over bottom of prepared pan.
3. In the same bowl used for quinoa, beat eggs until fully mixed. Whisk in the milk and maple syrup, and beat to combine.
4. Scatter berries, apple or pear, and nuts evenly over quinoa.
5. Pour egg and milk mixture over top of fruit and quinoa. Lightly stir to partially submerge fruit.
6. Bake for 1 hour, or until casserole is mostly set with only a small amount of liquid left. Serve warm, and refrigerate leftovers.